



The classes will cover the following topics:

Normal Delivery  
C-Section Information  
Different Labor Positions  
Relaxation / Comfort Techniques  
Post Partum Care  
Breastfeeding Education  
How to Sooth a Crying Baby  
Baby Care



## Childbirth Classes 2014

January 6,13,21,27

February 3,10,18,24

March 3,10,17,24

April 7,14,21,28

May 5,12,19,27

June 2,9,16,23

July 7,14,21,28

August 4,11,18,25

September 8,15,22,29

October 6,13,20,27

November 5,10,17,24

December 1,8,15,16



**Where:** The Florida Department of Health in Seminole County

**Place:** 400 W. Airport Blvd, Sanford FL

**Time:** 5:30pm to 8:30pm

**Fee:** \$20.00 is per couple for Healthy Start Clients and MomCare Clients only  
(Must Prepay & No Refunds)

**What to Bring to Class:** **Two Pillows and One Blanket**